Hammertoe Fusion REHAB Protocol

EARLY PHASE (Weeks 0-2)

Weight Bearing and Range of Motion:

WBAT in surgical shoe

Therapeutic Elements:

Ice every 20 minutes each hour
Elevate above the level of the heart as much as possible
Take anti-inflammatories, pain medication as directed

Goals:

Control pain/swelling

WEIGHT BEARING PHASE (Weeks 2-6)

Weight Bearing and Range of Motion:

WBAT +/- crutches in surgical shoe/rigid sneaker only
Begin active ankle, STJ ROM exercises

Therapeutic Elements:

Continue above
Retrograde soft tissue mobilization for edema reduction

Goals:

Weight bearing in protective boot without discomfort
Sleep without CAM walker

COASTAL ORTHOPEDIC Associates

STRENGTHENING PHASE (Months 3-4)

Weight Bearing and Range of Motion:

If a pin is present, the pin will be removed at week 6
Transition to WBAT in rigid sneaker

Therapeutic Elements:

Continue above with balance exercises and gait training

Goals:

WBAT in rigid flat shoe without discomfort

It is important to note that each patient has an individualized rehabilitation protocol and this is a generalized overview of the rehabilitation process